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MID-LIFE CRISIS DEBUNKED

**Turns out we're
happier at 43
than we are at 23,
according to
U of A research**
metroNEWS

Province said no to \$1.4M for addictions

DISAPPOINTMENT

Alberta Health Services turned down funding for program



The Alberta government turned down \$1.4 million offered by Ottawa for drug-addiction programs last year, but officials say the rejection didn't affect the projects the money was meant to fund.

Despite recent media reports suggesting otherwise, the \$1.4 million in funding from Health Canada was not specifically connected to Alberta's ongoing fentanyl crisis, which claimed 213 lives in the first nine months of 2015, according to the most recent numbers made available.

In a letter last March, Fern Miller, acting executive director of Alberta Health's addictions and mental health branch, turned down funding from Health Canada's Drug Treatment Funding Program (DTFP), citing "resource restrictions, which will inhibit acquiring funding and staff."

After submitting an application for the funding, AHS was approved in the fall of 2014, but then turned down the money in March.

The money was meant to pay

for evaluations of two programs run by the non-profit Enviros, which help young people with addictions. Without federal dollars, Alberta Health funded those evaluations at a cost of \$600,000.

AHS also planned to use the funding to train community agencies how to recognize and support young people with addictions.

Minister Sarah Hoffman said Monday she's disappointed the previous PC Party government passed on the funding, something no province had ever done before.

"I am disappointed to see this funding left on the table — we owe it to Albertans and families struggling with the realities of addiction to make sure we use every opportunity to support them," she said.

Interim Progressive Conservative leader Ric McIver, whose party was in power at the time, said there's still a lot unknown about the situation.



**It appears that a
senior bureaucrat
sent a letter
refusing the money.
What is not clear
is what are the
reasons for that.**

Ric McIver

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Podcasters celebrate love for Bollywood film

ENTERTAINMENT

Broadcast serves as guide for 'new mode of filmmaking'



Alex Boyd
Metro | Edmonton

From behind a mike on a kitchen table in a Whyte Avenue apartment, Matt Bowes and Erin Fraser are broadcasting their love of Bollywood, a film industry based 12,000 kilometres away.

Launched in September, their new bi-weekly podcast, Bollywood is for Lovers, mixes guest interviews with host discussion about actors, directors and classic Bollywood hits.

"We like to think of it as an introduction to Bollywood for people who are already Western film fans but who are confused or who want to get into this entire new mode of filmmaking," Bowes said. "They need a guide."

"Our big goal is to show that Bollywood is accessible to everyone," Fraser adds.

Neither Bowes or Fraser is of Indian descent, a fact addressed in early episodes, but both consider themselves serious cinephiles — they both studied film at the University of Alberta and watch as many as six movies every week.

"We're coming to this as film

lovers and we want to add this to our diet of movies because we love them," Bowes said.

Bollywood refers to Hindi-language films, though it's often confused with the whole Indian film industry. About 110 Bollywood films were released last year alone — about half of which premiered internationally, including in Edmonton — which means a new one is hitting screens almost every week.

Fraser got hooked viewing Lootera, an Indian period romantic drama released in 2013. "I saw how interesting and fun and melodramatic and kind of crazy (Bollywood films) can be."

She was also drawn to Bollywood's deep filmmaking tradition. "It was fun to find there was 100 years of film history that we haven't explored," Fraser said.

She got Bowes on board, but they soon found the movies weren't reviewed in English media like the other work they were watching.

"We wanted to talk about the aesthetics, the directors we think are auteurs, the themes in these films," Fraser says.

They both say it wouldn't have been possible before technologies like digital distribution — which means films often premiere in Edmonton on the same day they hit screens in Mumbai — and Netflix, which has a large Bollywood section.

"The internet has been a big blessing," Fraser said. "They finally have access to these movies."



Erin Fraser and Matt Bowes are the co-hosts of the Edmonton podcast Bollywood is for Lovers.

KEVIN TUONG/FOR METRO

+ 'THIS IS LIKE A BOLLYWOOD LOUNGE'

Downtown event offers taste of Hindi culture

Deepthi Sami says Edmonton's caught the Bollywood bug. The owner of Bollywood Beats, a dance studio devoted to Bollywood-inspired dance classes, recently founded Bollywood Club YEG, a social event designed with the vibe

of Hindi cinema in mind.

"With such a huge South Asian population, Edmonton really lacked a regular event," she says. "This is like a Bollywood lounge."

Founded six months ago, the event is now held every second Saturday at a different venue downtown. Open to

anyone over 18, the event features a DJ and dancing with a Bollywood feel.

"I just think for people it's a different kind of music and a different kind of cultural thing," she says. "One of the biggest things about Edmonton and Alberta is it's very open." ALEX BOYD/METRO

MUSIC

Fans mourn loss of Bowie



Ryan Tumilty
Metro | Edmonton

Rhys Davies still regrets not going to one of rock legend David Bowie's Edmonton concerts — more than 30 years after it happened.

"I had a ticket to go to the 1983 show but I had to end up going to work that day," he said.

Davies was among millions of the legendary musician's fans mourning his passing Monday.

Bowie died late Sunday evening after an 18-month battle with cancer.

After missing that 1983 concert, Davies made sure to attend when the superstar returned to Edmonton four years later.

"I felt like an idiot for working, but that 1987 concert made up for it," he said.

Davies called in to a local radio station and asked the superstar a question before that show about the musical influences behind his most recent album.

He said he appreciated the way Bowie constantly re-invented and pushed the envelope.

"He doesn't stick to a set format. He tries to change each and every time."

"His message transcended music and I think it will continue."

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CRIME & POLITICS

Accused shooters appear in court again

Two of three people accused of killing two convenience store clerks in Edmonton have appeared in court a second time.

Laylin Delorme and Colton Steinhauer are facing first-degree murder and robbery charges in the slayings of Mac's clerks Karanpal Singh Bhang and Ricky Massin Cenabre in separate shootings on Dec. 18.

The Crown requested the case be put off for at least a month while Delorme's lawyer Naeem Rauf argued for a shorter time frame. The date was set for Jan. 29, where a preliminary inquiry date is expected to be scheduled.

Steinhauer has yet to find a lawyer, and the judge gave him until Jan. 29 to find one.

A 13-year-old boy who's also accused of first-degree murder is expected back in court on Feb. 1.

THE CANADIAN PRESS

Swann to stay at Liberal helm until 2017

The Alberta Liberals are going to stay with David Swann as interim leader for another year.

The party executive and riding presidents have voted to schedule a leadership convention in the spring of 2017. They say that will give candidates time to organize and gain support well ahead of the next provincial election in 2019.

The Liberals are rebuilding after a poor showing in last May's campaign. They won just one seat — Swann's in Calgary Mountain View. They took just over four per cent of the popular vote.

THE CANADIAN PRESS



Aidan Sheets, a patient at the Stollery Children's Hospital, said the note she received makes her smile. SANAM ISLAM/METRO

'Bravery beads' give sick children boost

CAMPAIGN

Donors write messages to those receiving their blood



Sanam Islam
Metro | Edmonton

It's been a difficult journey for 10-year-old Aidan Sheets since she was diagnosed with brain cancer early last year.

But the Stollery Children's Hospital patient is finding encouragement through a beaded

necklace and a special handwritten message attached to it. "It says 'smile,'" she said. "It's special and it makes me smile when I look at it."

Sheets received the message, along with a bead, from a blood donor after undergoing a transfusion.

The message is part of a project called "Be Brave" that was started last year by Canadian Blood Services in partnership with the Stollery Hospital and the Kids with Cancer Society.

"It's a great way for our donors to make that personal connection with a pediatric patient. Both the donors and patients enjoy being able to make those connections," said

Kerry Cable, territory manager at Canadian Blood Services.

So far, about 75 cancer patients have received messages since the campaign was introduced last year.

"They're stuck in their beds, and it's kind of neat for them that someone out there cares even though they've never met them," said Tara Graham, director of development at the Kids with Cancer Society.

According to the type of donation a child receives — such as red blood cells, plasma, platelets — different coloured beads are attached to the message. The beads are then added to a necklace that the kids already have as part

of an existing Stollery Hospital program called The Beaded Journey.

That program allows cancer patients at the Stollery to collect a variety of colourful beads symbolizing milestones in their treatment.

Sheets, who has collected about 200 beads for her necklace, is proud to show them off.

"I like the bead I got for my CAT scan — it's pretty funny because it's a cat," she said.

But her favourite? A colourful cube-shaped bead that she was happy to receive when she finished radiation therapy. "I didn't really like radiation because I had to lay still for an hour and a half," she said.

OIL ROYALTIES

Review on hold again

The results of Alberta's royalty review have now been put off for a few more weeks — but critics say time is of the essence.

"We said (from the beginning) that a review shouldn't be done at all, but if it was done it needed to be over very quickly," Wildrose Leader Brian Jean said Monday in an interview.

"That, of course, would reduce the uncertainty in the marketplace, and add stability and confidence for the business community and investors generally. This has not happened. The review itself has taken far too long, so the faster the better for sure."

"The real killer in all of this from the very beginning has been uncertainty," said Alberta Party Leader Greg Clark.

"The longer it goes on, the longer this uncertainty remains and the longer investment dollars are parked on the sidelines."

Alberta's four-person royalty review panel, headed up by ATB Financial president Dave Mowat, has been taking submissions and listening to opinions since the beginning of September.

The panel is trying to determine the best way to calculate the happy medium between the appropriate amount of money for Albertans given that they own the oil and gas resource, and the fair return for producers, who pony up the cash and take the risk to produce it.

Premier Rachel Notley's NDP, while in opposition, maintained Alberta was not getting its fair share of the resource. After it won the provincial election last May, the NDP followed up on its campaign promise to review the royalty structure.

The panel's report was to come out by the end of 2015, but Notley said in late December it would come out in early January.

On Sunday, Notley told Global TV the date would be later than that. "It will be released to Albertans in the next very few weeks," Notley told the show The West Block.

"And I believe that it is a plan that most people in the energy sector will see is highly responsive to the current circumstances, and allows for them to make longer term investment decisions in a way that will of course support our growth back to greater prosperity in Alberta."

Notley reiterated, as she did on the first delay, that her team wants to make sure it has the best plan in place when responding to the panel report.

THE CANADIAN PRESS

VALLEY LINE

More road closures coming



Ryan Tumilty
Metro | Edmonton

City councillors will debate more road closures to move ahead with Edmonton's future Valley Line LRT later this month.

Councillors will be asked to approve closing 102 Avenue at 95 Street, as well as an alley in Cloverdale and a service road in Strathearn on Jan. 25.

The new LRT line will come up through a tunnel after

crossing the North Saskatchewan River and emerge above ground just west of 95 Street on 102 Avenue. The existing five-point intersection where 102 Avenue meets Jasper and 95 Street will become a four-point intersection as part of the change.

City spokesman Quinn Nicholson said that should make the intersection easier to navigate but that wasn't the city's first goal.

"It's not really the primary consideration. It's a byproduct of the closure," he said.

Nicholson said the city doesn't have a timeline for when the roads will close yet.

Coun. Scott McKeen said he doesn't see any major implications for the road closure, but there is always some change.

"Whenever you are putting LRT in an existing community there are going to be trade-offs and some of those will not be appreciated," he said.

He said he's eager to hear from the public, but bike lanes and other improvement are going to change how people use 102 Avenue.

2016 EIFF

Film festival now an Oscar qualifier



Alex Boyd
Metro | Edmonton

The Edmonton international film festival has been selected by the Academy Awards as an Oscar-qualifying festival.

Kerrie Long, the producer of the festival, said they found out just before Christmas.

"We got the email and I couldn't bring myself to open it for three or four days. We put

so much work into it," she said.

"It could either be a piece of coal or it could be the best Christmas present ever."

The designation means the 2016 EIFF award winners in the live action and animation short film categories will be considered for Oscars.

The Academy of Motion Picture Arts and Sciences relies on festivals for short film nominations. Feature length films are submitted through a different system.

ECONOMY

Downturn impacting millennial finances



Sanam Islam
Metro | Edmonton

Nearly half of Albertans are struggling to save and Gen Y is no exception, a recent ATB survey reveals.

Forty-eight per cent of Albertans surveyed said they are behind on their retirement saving goals, and 26 per cent say they are behind on managing their day-to-day finances.

For millennials — the demographic born between 1980 and the early 2000s — those challenges are often exacerbated by lower wages overall. Indeed, 51 per cent of the 18 to 34 age group made less than \$80,000 a year in 2015, according to ATB.

"The downturn in the Alberta economy means that the jobs and opportunities situation for millennials is dramatically different than it was 12 to 18 months ago," said Chris Turchansky, president of ATB Investor Services. "Those that are working have faced salary freezes and decreases. All of that has had a direct impact on their disposable income."

Forty-five per cent of Albertans surveyed said that the downturn had affected them personally. Two-thirds of that group said they had reduced their spending as a result.

Turchansky said the disposable income millennials do have often goes towards short-term goals. While many are putting off those purchases to deal with the downturn like other Albertans, they are also delaying putting money into long-term investments or have stopped adding to them, he said.

Mid-life crisis a 'myth,' U of A researchers find

WELL-BEING

People seem happier during their 40s than in their youth

No need to buy that Porsche if you're pushing 40.

New research from the University of Alberta suggests there's no such thing as a mid-life crisis. It's more like mid-life bliss.

The "Up, Not Down" study was published in the academic journal Develop-

mental Psychology.

It debunks the long-held belief that happiness declines between a person's teens and early 40s — or mid-life.

Lead researcher and psychology professor Nancy Galambos says she found the opposite — that people in her study were happier in their early 40s than when they were in their late teens and early 20s.

"I think it's because life is more difficult for younger people than for people in middle age," Galambos explains.

She says some young adults



I think it's because life is more difficult for younger people than for people in middle age.

Lead researcher and psychology professor
Nancy Galambos

are depressed, have trouble finding work and sorting out their lives.

"There's a lot of uncertainty. But by middle age, a lot of people have worked that out and are quite satisfied through the earliest child-bearing years."

Galambos says most studies looked at a groups of

people of various ages. She says the U of A study surveyed the same people — 1,500 of them — over many years, and is more reliable.

A group of Edmonton high schools students were tracked for 25 years and another group of graduating university students were followed for 14.

They were all asked the same question at different ages: "How happy are you with your life?"

On average, between ages 32 and 43, people experienced a slight dip in cheer.

"But at both times of measurement, they were higher in happiness than they were in their late teens and early 20s," says Galambos. "They didn't lose their earlier gains and happiness."

The study found happiness was higher in years when participants were married, in better health and had jobs.

THE CANADIAN PRESS



New research has debunked the belief younger people are happier than older people, the main pillar of the idea of the 'mid-life crisis.' ISTOCK



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Mountains 101, the next massive open online course to be offered by the University of Alberta, is done in partnership with Parks Canada. ISTOCK

U of A expands its range of online courses

MOUNTAIN STUDIES

Some lessons to be delivered from Rockies



Alex Boyd
Metro | Edmonton

The University of Alberta is taking online courses to new heights with the first ever massive open online course, or MOOC, on mountain studies.

Mountains 101 launches in Fall 2017, and will provide participants a general introduction to mountain environments, peoples and issues — drawing on scholarship from biology to conservation to human adaptation.

The course draws on the success of Dino 101, the university's first MOOC and one that has gained international acclaim as well as tens of thousands of students who've taken the non-credit course.

Many lessons will be delivered from valley bottoms or mountain summits, and students will learn how mountains are used and how they're changing.

"We're interested in the way people live in and use mountains. What sort of cultural and social and spiritual bene-

fits do we derive from them," said David Hik, a professor of biological sciences and one of the instructors on the course.

"What we're doing is making this accessible to much larger group of students, and focusing on the interdisciplinary connections," he said.

The class is a partnership with Parks Canada.

Pat Thomsen, executive director of mountain parks for Parks Canada, said the organization will be contributing subject experts and providing information to park visitors across the country.

“

We see this as a vehicle to ... reach people across the world with info about the parks.

Pat Thomsen, Parks Canada

"It aligns with our mandate of conserving and presenting these areas and ensuring Canadians can experience and connect with these places," she said.

"We see this as a vehicle to raise awareness, to reach people across the world with info about the parks."

The course will be offered in three formats: to the world for free, to University of Alberta students for credit, or to students from around the world for course accreditation for a small fee.

Other partners include the Alpine Club of Canada, who are giving the film crew access to their network of backcountry huts, and Mountain Equipment Co-op, who will provide gear.

Freedom for hostage

COLIN RUTHERFORD

Canadian released after being seized by Taliban in 2010

A Canadian man captured by the Taliban in 2010 has been freed.

Colin Rutherford was on a private vacation in Afghanistan when he was seized by the militant group in November of that year.

The last indication the To-

ronto man's family had that he was alive came in a 2011 video released by insurgents where he answered questions; an accompanying email accused Rutherford, then 26, of being a spy.

In the video, Rutherford insisted he was not a spy and had travelled to Afghanistan to study historical sites, old buildings and shrines.

Foreign Affairs Minister Stephane Dion announced Rutherford's release in a brief statement, but did not explain what steps were taken to secure his freedom — only that it involved the government of Qatar.

He says he was "very pleased" that efforts undertaken to get him out proved successful.

The involvement of Qatar in Rutherford's release is not entirely surprising. The Persian Gulf country has at times quietly played mediator between western governments and the Taliban — even helping to facilitate peace negotiations between governments in Kabul and the hardline insurgency.

THE CANADIAN PRESS



Colin Rutherford FACEBOOK

IN BRIEF

Refugee count nears 10K

Flight arrival data on the Immigration Department's website suggests the 10,000th Syrian will arrive on one of two flights bound for Toronto on Tuesday, though the department could not confirm that number.

THE CANADIAN PRESS

Detain immigrant children as last resort: Red Cross

Canada should lock up child immigrants only as a "last resort" and must find alternatives to detention for such vulnerable newcomers, the Red Cross said in its latest confidential inspection report.

THE CANADIAN PRESS



1 Pediatric surgeons learning hands-on

Doctors from all over the world did a hands-on surgical training for congenital heart disease surgery with 3D print models.

2 Performing the complex procedure

The Norwood Procedure is performed on a 3D model of a newborn heart with hypoplastic left heart syndrome at the Hospital for Sick Children, in Toronto, on Thursday.

3 Heart-to-heart

Dr. Shi-Joon Yoo, a cardiac radiologist at SickKids who produced the hearts.

ALL PHOTOS NATHAN DENETTE/ THE CANADIAN PRESS

PEDIATRICS

3D-printed hearts help train for surgery

The pediatric surgeons hover over a tiny heart, gently retracting delicate inner structures and attaching a graft with impossibly intricate stitches to repair a congenital defect that would mean certain death within days of birth.

But this heart isn't inside the chest cavity of a newborn; it's a 3D-printed model being used at Sick Kids Hospital in Toronto to train cardiac surgeons from around the world in some of the most complex operations they will ever perform during their careers.

About a dozen trainees —

from Canada and such countries as Norway, Oman, Mexico and the United States — have come to watch master surgeons demonstrate the highly complicated techniques used to repair a number of congenital heart abnormalities and to safely practise those skills on models of their own.

Three-dimensional copies have been created of five hearts from real infants with cardiac anomalies using a high-tech 3D-printer, which almost perfectly reproduces the organ's structure using a photopolymer resin, based on sophisticated MRI and CT imaging.

This is a good way to practise it when the consequences are not dire.

Dr. Glen Van Arsdell

"Each of the models represents a very specific form of disease that is very different," says Dr. Glen Van Arsdell, chief of cardiovascular surgery at Sick Kids. "I can look at the model and tell you what the diagnosis is."

The 3D-printed hearts — some

orange, others whitish in colour — were produced by Dr. Shi-Joon Yoo, a cardiac radiologist at the hospital.

Depending on its size, a duplicate of a child's heart can take anywhere from four to 12 hours to produce, as layer upon layer of the resin is built up, he says.

While the current cost is somewhat prohibitive — estimated at about \$2,000 per model — Yoo says the technology means hundreds of copies can be printed after imaging a single child's heart to demonstrate a particular defect.

THE CANADIAN PRESS

RICK MERCER REPORT

#rickmercerreport

TONIGHT

Rick makes a splash white water kayaking on the Chilliwack River in British Columbia.

ALL-NEW
TONIGHT 8



MEXICO

'Nothin' to hide,' Sean Penn claims

Actor Sean Penn said he has "nothin' to hide," after images published Monday indicated he was under surveillance when he met with the Mexican actress who led him to Joaquin "El Chapo" Guzman — and the pair was apparently followed and photographed as they set out for the supposedly secret meeting with the drug lord.

Penn shrugged off a suggestion he was "taking hits" for agreeing to submit the story to Guzman prior to publication of the story by Rolling Stone magazine.

Penn also dismissed criticism over his interview with the fugitive, who was captured Friday, a day before Penn's 10,000-word story was published in Rolling Stone.

Mexican officials said Guzman's contacts with Penn and del Castillo helped them track down the fugitive. Guzman was finally captured Friday.

He's being held at the same prison from which he escaped through a tunnel in July.

Both his original cell and the mile-long tunnel he had built have been "made unusable," an official said, without specifying how.

THE ASSOCIATED PRESS



Sean Penn. AFP/GETTY IMAGES FILE

IN BRIEF

Swedish police accused of coverup of assaults

Swedish police face allegations of a coverup for failing to publicly report sexual assaults against teenage girls at a music festival last August. The newspaper Dagens Nyheter (which reported the incidents in connection with attacks on women in Cologne, Germany) cited officials saying police are reluctant to speak about crimes linked to migrants for fear of playing into the far right. THE ASSOCIATED PRESS

Baghdad mall attacked

IRAQ

ISIL claims it's behind bomb that killed 18

The Islamic State of Iraq and the Levant (ISIL) group claimed responsibility for the Baghdad mall attack that killed 18 people on Monday. Gunmen stormed into the Jawhara Mall after setting off a car bomb and launching a suicide attack at its entrance.

Iraqi officials say the attack, which lasted over an hour, killed at least 18 people and wounded 50 in the city's mainly Shiite east.

The ISIL statement, posted online shortly after the attack, said a car bomb and four ISIL fighters carried out the attack, targeting an area where many Shiite Muslims are known to

gather and warned of "worse" to come. Iraqi officials say the attack was carried out by seven men, one of whom died when he detonated his explosive vest at the start of the attack. The conflicting accounts could not immediately be reconciled.

Iraqi officials initially described the attack as a hostage situation, estimating that 50 people were trapped inside the complex. But Iraqi forces soon surrounded the building and landed troops on the roof. They clashed with the attackers inside, killing two of them, and arresting the other four.

At least four police officers were among those killed in the assault, according to police and medical officials, who spoke on condition of anonymity because they were not authorized to brief reporters.

Following the attack, authorities shut down the city's



People gather in front of targeted mall. THE ASSOCIATED PRESS

highly fortified Green Zone, home to a number of foreign embassies and most of the country's political elite. A number of major roads, shopping malls and bridges around the Iraqi capital were also closed for fear of followup attacks.

Also on Monday evening, a car bomb in southeast Baghdad in a crowded market area killed five and wounded 12, according to hospital and po-

lice officials.

Another deadly attack was carried out in the town of Muqadadiyah, about 90 kilometres north of Baghdad in Diyala province. A double suicide bombing at a cafe killed 24 and wounded 52, according to hospital and police officials. Police officials say the cafe was frequented by militia fighters under the government-sanctioned Popular Mobilization

+ FINANCES

U.S. targets airstrikes on ISIL's stores of cash

A U.S. defence official says American airstrikes are chipping away at the ISIL's cash piles. An airstrike this week hit what the official called a "cash storage facility" in the city of Mosul, which is the militants' main stronghold in Iraq. THE ASSOCIATED PRESS

Forces and many fighters are among the dead.

ISIL suffered a major defeat last month when Iraqi forces drove the extremists out of the western city of Ramadi, capital of the sprawling Anbar province. The group still controls much of northern and western Iraq. THE ASSOCIATED PRESS



Protesters opposing the PEGIDA movement (Patriotic Europeans Against the Islamisation of the Occident) attend a counter rally in Leipzig on Monday. PEGIDA demonstrators lit torches and shouted slogans in support of the xenophobic far-right movement as public anger runs high over the Cologne assaults. AFP/GETTY IMAGES

IMMIGRANTS

Don't fight violence with violence, Germany implores

A string of attacks on women in Cologne on New Year's Eve blamed largely on foreigners was "intolerable," Chancellor Angela Merkel's spokesman said Monday, but added that nothing excuses retaliatory assaults on immigrants.

Merkel has proposed making it easier to deport immigrants involved in crimes. But after Cologne police said a group of Pakistanis and a Syrian were attacked in the city on Sunday, Seibert said Germans must not blame all the nearly 1.1 million migrants who entered the country last year and said the

government is also focused on their welfare.

"We're doing all of these things to protect the population in Germany," he said. "We are also doing this for the great majority of innocent refugees who have sought refuge from bombs and war in our country and who should get this protection and who are prepared to adapt to the rules and values in our country."

The six Pakistani nationals were attacked Sunday by around 20 people, and two of them were briefly admitted to a hospital, police said. Also



As abominable as the crimes in Cologne and other cities were ... there is no justification for blanket agitation against foreigners. Justice Minister Heiko Maas

Sunday evening, five people attacked a Syrian man, who was injured but didn't need treatment.

Police official Norbert Wagner said authorities are treating those attacks as anti-foreigner crimes and believe the assailants arranged to meet via social media.

The New Year's Eve assaults stoked tensions over Germany's open-door policy to refugees and prompted politicians to call for tougher laws against migrants who commit crimes.

"As abominable as the crimes in Cologne and other cities were, one thing remains

clear: there is no justification for blanket agitation against foreigners," Justice Minister Heiko Maas said, adding that some people "appear just to have been waiting for the events of Cologne."

Authorities and witnesses said the New Year's Eve attackers were among a group of about 1,000 people, described as predominantly Arab and North African men, who gathered at Cologne's central train station. Some broke off into small groups and groped and robbed women, police said.

THE ASSOCIATED PRESS

Beef industry lowers harmful emissions

ENVIRONMENT

Results due to switching feed from grass to grains: Study

Canada's cattle industry is producing more beef with less greenhouse-gas emissions, says a new study.

Researchers at the University of Manitoba and Agriculture Canada found a 15 per cent reduction in methane emissions on a production basis between 1981 and 2011, and a 16 per cent cut in nitrous dioxide from manure.

The results were achieved partly by feeding cattle grain instead of grass and other forage when they are being fattened before slaughter, says the study published in the journal Animal Production Science.

"A lot of our efficiencies in

Canada have to do with the use of grain in feedlot diets," Tim McAllister, a research scientist with Agriculture Canada, said Monday. "They get more energy from it and with less digestive problems."

The study compared the cattle herd, the amount of land required for beef production and the change in greenhouse-gas emissions in the production of Canadian beef.

The results show the industry has become more efficient, with about 15 per cent less emissions overall.

The beef industry accounts for 3.6 per cent of Canada's total greenhouse-gas emissions, a figure that hasn't changed much over the years, McAllister said. The Canadian Cattlemen's Association hopes the study helps counter some of the criticism the beef industry has received over the years about how it affects the environment.

THE CANADIAN PRESS

20,000

Agriculture Canada once estimated a single lactating dairy cow produces a similar amount of greenhouse-gas emissions as a mid-sized car driven 20,000 km in one year.



Canadian cattle account for 3.6 per cent of the country's total greenhouse-gas emissions, according to a research scientist with Agriculture Canada. TORSTAR NEWS SERVICE FILE

BUDGET CONSULTATIONS

Growth hit hard by oil prices: Finance minister

The federal finance minister says the economy is suffering from slower growth than originally projected by the former Conservative government.

Bill Morneau told the Halifax Chamber of Commerce that his department's projections on growth since the 2015 budget have fallen due to oil prices that are less than half those of 2014.

But he didn't indicate if that will mean the federal deficit will be higher than the Liberals promised during the election campaign.

Prime Minister Justin

Trudeau promised during the campaign to run annual deficits of no more than \$10 billion over the next two years while pumping billions into infrastructure projects to stimulate the stagnant economy.

The finance minister didn't provide specific figures on how the struggling economy will affect this promise, but dropped some hints that it is affecting budget plans. "We knew when we were campaigning we were facing a slow-growth environment," he said. "The challenge is greater than we expected."

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ENTERTAINMENT

Cineplex gets into gaming

Cineplex has launched its first national video-game tournament in hopes of capitalizing on the growing popularity of competitive gaming to help fill seats at its countrywide chain of theatres.

The company's foray into gaming tournaments is aimed at a younger demographic being pulled away from movie theatres by mobile phones, YouTube and social media.

"E-sports are quickly becoming a global phenomenon and, as a company, we've invested in it because it allows us to engage a new customer base,"

+ E-SPORTS

Competitive gaming, also known as e-sports, has become a huge market overseas in places such as South Korea and Japan, where matches of popular games like Starcraft sell out stadiums.

Cineplex spokeswoman Sarah Van Lange said Monday.

Cineplex is offering \$50,000 in prizes in one-on-one matchups of Call of Duty: Black

Ops III. The tournament will begin Saturday with qualifying rounds to be played online, followed by matches at 24 theatres next month and a final event on March 6. The Canadian office of gaming giant Sony has signed on as the lead sponsor, and the competition will take place on that company's PlayStation 4 console.

But questions remain about the revenue potential for Cineplex. "It's an unproven model, but there certainly seems to be a lot of gamers out there," said BMO analyst Tim Casey.

THE CANADIAN PRESS

market minute



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70.31¢ (-0.37¢)



TSX
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the big number

\$55M

That's the windfall David Bowie made by issuing "Bowie Bonds" tied to his future royalties in 1997. The singer was ahead of his time not only when it came to music, gender expression and enormous pants, but also in terms of **securitization, the process of taking real-life assets and turning them into financial instruments.** Bowie Bonds let the artist raise money without selling the rights to his work or having to wait for royalties to roll in. People who bought in received a portion of the future sales of music from Bowie's 25-album, 21-year back catalogue over a 10-year period. The bonds paid a 7.9 per cent yield, and though they didn't perform as well as expected — the industry soon came under pressure from pirates — the idea caught on. Iron Maiden, James Brown and Rod Stewart got on the bond-issuing bandwagon. Soon securities promising future profits from everything from time-share loans to racehorse sperm flooded the market. (And subprime mortgages, too, though that's another story). Bowie had foreseen the ch-ch-changes in the music business, telling the New York Times in 2002 that "The absolute transformation of everything that we ever thought about music will take place within 10 years ... just take advantage of these last few years because none of this is ever going to happen again." SOURCE: BLOOMBERG

A bigger down payment is actually a good thing



Diane Baker Mason
For Metro

It's a common misconception that buying a house is always a good investment.

This myth has been bolstered over the last decade by skyrocketing housing prices, with nearly frantic buyers borrowing disproportionate amounts of money in order to "enter the market," with

If this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

down payments of as little as five per cent.

Meanwhile, lenders — banks and trust companies — are happy to hand out money.

Why? Because they aren't the ones facing the risk, in the event of a crash. That risk is in the hands of the lenders' default insurers, including the crown corporation, Canada Mortgage and Housing Corporation — our corporation.

Mortgage default insurance has been around for decades, and is not in itself a bad thing. Ordinarily a bank, by law, is permitted to provide first mortgage financing only to buyers with a 20 per cent down payment. Even in a reasonable market, that puts home ownership out of reach for many.

But thanks to CMHC (and to two other private insurers), Canadians need to provide only a five-per-cent down payment, for homes valued up to

\$1 million.

This insurance protects the lender, not the borrower. Upon default, the insurance company pays the bank, then pursues the borrower. As for the premium (which can be as much as 3.85 per cent of the amount borrowed), it is added to the debt. On a \$500k loan, that's another 20 grand — which, on a loan of half a million dollars, doesn't seem like much.

But it is. This will be painfully apparent when interest rates eventually go up. Payments on these massive loans might be manageable at 2.5 per cent, but at five, six or 10, they'll be impossible.

The market will fill with houses that people have to sell, and houses mortgaged beyond their value will be unsellable. The defaulted loans will be enforced by the insurers — including the taxpayer-subsidized CMHC — which will take the hit for any loss.

Despite collecting premiums, CMHC has in the past been in a loss position when the real-estate market has crashed.

In order to cool the market without causing a crash, the federal government is introducing changes to the insured-mortgage rules effective Feb. 15, 2016, increasing the down payment to 10 per cent for the portion of a home value greater than \$500k. In a falling market, this minimal equity will quickly vanish.

Lenders hand out money at low rates, and we gobble it up, borrowing beyond our means to buy houses at inflated prices.

It's been quite the banquet. And if this banquet ends with a crash, even those of us who never borrowed a penny will be chipping in to pay the bill.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

ROSEMARY WESTWOOD

metroview

The Bowie handbook for a crazy, creative, ever-changing life

The first time I listened closely to David Bowie, I couldn't see the stars at all.

I was driving B.C.'s switch-back, two-lane Sea-to-Sky highway at night, while construction crews laboured to widen the roads. The looming spotlights and dust kicked up by heavy machines obscured everything around the car.

I couldn't see more than a dozen metres ahead, and it felt like navigating some robot-strewn future, listening to a mixtape of Bowie, who seemed to be singing from somewhere beyond this world.

One chord from Ziggy Stardust, and the picture appears: me, young and truly alone for the first time, trying to make something of myself in a strange town. Dust, lights and darkness.

Many others will tell you, better than I could, what David Bowie meant to fashion, to finance, to music, to ideas of gender. But his effect on our notions of who and what we could be — that it is his most revolutionary legacy.

The David Bowie handbook for living would include such points as: You don't need to pick an identity, as you are infinitely changeable. Feel free to wear pants as large as you like. Weird is sexy. Never take half-steps in make-believe. Don't worry about gender conformity. Don't worry about fluid sexuality. Be insanely productive.

Be insanely creative.

The foremost ideal he portrayed was freedom. Second was gall. Both made him very rich, which was undoubtedly part of the calculation, but his wealth doesn't lessen the message.

I never became an avowed fan. I can't list off all his alter egos in chronological order and match his elaborate outfits to his world tours. But you didn't have to be a fan to understand the way he ignored the rules. And there could have been no better soundtrack to that summer, driving the highway at night and dreaming of who I could be.

Bowie will be remembered as a genius of the level few could aspire to. But there's nothing stopping anyone from aspiring to his approach to life, if to less dazzling and lucrative ends.

"I thought he was a vampire! I thought he'd live forever!" one colleague quipped, after word broke that Bowie died of cancer.

Few knew he was sick. Few believed he could die. But you really can't avoid it — even if you're Bowie. Eventually, you run out of costume changes. There's no more time to contribute to the world. There is no more time for shape-shifting.

With whatever time you have, why hold back when you could more like Bowie?

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5 WAYS WE WILL REMEMBER DAVID BOWIE

As the world mourns the death of the legendary David Bowie, Metro looks at how the shape-shifting genius influenced pop culture for more than half a century METRO/THE ASSOCIATED PRESS/AFP

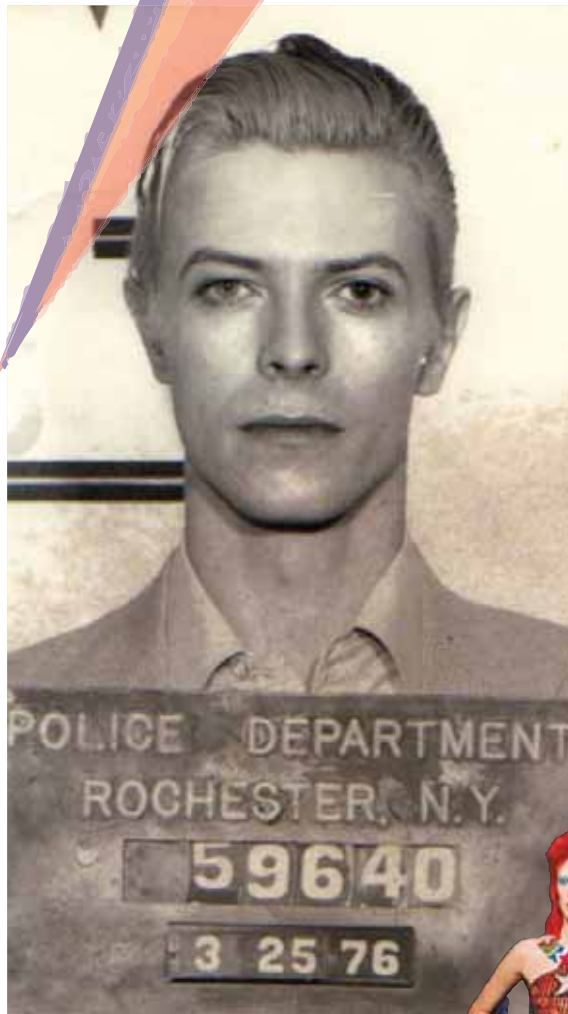
1 The Songs

Long before alter egos and wild outfits became commonplace in pop, Bowie turned the music world upside down with the release of the 1972 album, **The Rise and Fall of Ziggy Stardust and the Spiders from Mars** which introduced one of music's most famous personas.

Ziggy Stardust was a concept album that imagined a rock star from outer space trying to make his way in the music world. The persona — the redheaded, eye-liner-wearing Stardust — would become an enduring part of his legacy, and a touchstone for the way entertainers packaged themselves for years to come. Bowie scored hit after hit over more than four decades, ranging from **Changes**, **Starman**, and **Rebel Rebel**, to **Heroes**, **Ashes to Ashes** and 1981's **Under Pressure**.



TORSTAR NEWS SERVICE



David Bowie's mug shot from a 1976 pot bust.



CONTRIBUTED

4 The Duets

You may not think of Bowie as a Christmas artist, but his 1977 duet of **Peace on Earth/Little Drummer Boy** with Bing Crosby is a perennial favourite during the holiday season thanks to annual play on MuchMusic in the 1980s and '90s and millions of YouTube views. Bowie recorded a duet for the song **Under Pressure** with Queen in 1982, and performed it live with Annie Lennox. Other notable collaborations include the legendary **Dancing in the Street** with Mick Jagger, and **Hallo Spaceboy** with Nine Inch Nails and also the Foo Fighters.

5 The Fashion

Bowie — with his outrageous alter egos — was as renowned for his image and influence on fashion design as he was for his music.

From the much-copied lightning-flash face paint of Aladdin Sane, the oversize shoulders and white shirt collars of Thin White Duke to the trilby hat and floppy fringe of the alien he played in the movie **The Man that Fell to Earth**, Bowie for decades boldly broke boundaries in style and gender with his influential looks.

Then there was, of course, 1972's flame-orange-haired **Ziggy Stardust** — his most recognizable invention. Jean Paul Gaultier (a Ziggy-inspired design from a 2013 Gaultier collection is shown at left), Dior, Saint Laurent and Dries Van Noten and fashion-conscious actresses such as Tilda Swinton all owe Bowie a lot. Trends in recent seasons have turned the clocks back to the glam rock of the 1970s and '80s — a Bowie signature.



CONTRIBUTED



CONTRIBUTED

2 The Movies

Bowie will always be remembered for his tight-pants-wearing turn as Jareth the Goblin King in the 1986 fantasy-adventure film **Labyrinth** (inset) and as Maj. Jack "Strafer" Celiers in the BAFTA-winning Japanese prisoner of war film **Merry Christmas, Mr. Lawrence**.

Bowie won an acting award for his performance as Thomas Jerome Newton, an extraterrestrial, in **The Man Who Fell to Earth**, and appeared as a vampire opposite Catherine Deneuve in **The Hunger** (top). Other acting credits include **Twin Peaks: Fire Walk with Me**, **Basquiat** — where he played Andy Warhol — Pontius Pilate in Martin Scorsese's controversial **The Last Temptation of Christ** and Nikola Tesla in Christopher Nolan's thriller **The Prestige**.



3 The Man

"My entire career, I've only really worked with the same subject matter," Bowie told The Associated Press in a 2002 interview. **"The trousers may change, but the actual words and subjects I've always chosen to write with are things to do with isolation, abandonment, fear and anxiety — all of the high points of one's life."**

During his career, Bowie famously declared himself bisexual in the 1970s. In a 1983 Rolling Stone article he called the declaration the biggest mistake he ever made, qualifying that comment to Blender magazine in 2002 to say "I don't think it was a mistake in Europe, but it was a lot tougher in America."

In the 1980s he famously and publicly challenged MTV on its refusal to play black music videos on air.



Playing pregnancy roulette

HEALTH POLICY

Canada lags behind other nations in birth control access

Liz Brown
Metro | Canada



When her period comes each month, Anne Wilson* breathes a sigh of relief. "I'm like, oh thank God," she says, laughing nervously.

The 31-year-old Toronto entrepreneur doesn't want to play roulette with pregnancy, but she's left with few options due to health issues that prevent her from using most forms of birth control.

At present, she and her partner use condoms, but, "I can tell you we're not using them perfectly 100 per cent of the time," she says.

Doctors have advised her that her only option is an IUD. Wilson's painful menstrual cramps remove the copper IUD from her list of options — it's known to exacerbate cramps in some women — leaving her with two remaining choices: hormonal IUDs Mirena and Jaydess.

But Wilson can't afford either — both cost upwards

of \$300 and subsidized birth control clinics don't offer them.

"I'm just starting a business so I'm always worried about when money is coming in, and these costs add up," she says. "I wish there were more options."

Wilson isn't alone.

According to the Canadian Contraception Consensus report from the Society of Obstetricians and Gynaecologists of Canada, 15 per cent of sexually active Canadian women aren't using any form of birth control and 20 per cent are using a form of birth control inconsistently. And according to the World Health Organization, 51 per cent of pregnancies in North America were unintended in 2012 (a stat that includes pregnancies that were not carried to term).

Low-income women are twice as likely to use no contraceptives compared to the highest earners. And one third of Canadian women will have an induced abortion at some point in their life. Simply put, Canadian women are facing enough barriers to birth control that a substantial number are risking unplanned pregnancy each month.

"When we look around the world, Canada is one of the only societies that pays for universal health care ... but doesn't provide free contraception," says Dr. Wendy Norman, chair

of the Contraception Access Research Team (CART) at the University of British Columbia. "The number one barrier that we've identified for women accessing birth control is cost," she adds.

The United States, 11 countries in Europe, the U.K., Australia and New Zealand all provide a universal subsidy for contraception.

In Canada, however, affordable birth control is provided to those in need through a patchwork of sexual health clinics funded by public health authorities. While these clinics do offer affordable options such as oral contraceptives ranging from free to \$10 per month, or five-year copper IUDs for \$60, many women find it difficult to access these services due to limited drug choices, clinic hours and long wait times.

Catherine Datta, the north/east manager of the Toronto Sexual Health Clinics, calls her clinics "oversubscribed," noting in 2014, over 63,000 people visited them and sometimes experienced wait times of more than two hours.

"The hours (of subsidized birth control clinics) don't support the people who may use them the most," agrees Pam Krause, executive director of the Calgary Sexual Health Centre. According to Krause, the clinics in Calgary have hours similar to school and offices, making it difficult for teens or single working mothers to visit them.

That leaves many women using condoms or withdrawal for birth control, two methods with the highest rates of failure — 21 per cent failure for condoms over one year of typical use, and a 22 per cent failure for withdrawal over one year of typical use, according to research from Princeton University in 2011. In contrast, less than 1 per cent of women using an IUD will become pregnant over one year.

"Because the least effective contraceptive methods cause the most pregnancies, it costs the health system much more than it would to provide a more expensive option because so



fewer pregnancies result when consumers use the most effective methods (which are the most expensive)," says Norman. According to Dr. Norman, free, accessible birth control is one of the easiest ways to reduce costs on the health care system.

American research shows that the nation's publicly-funded clinics — which provide access to free or subsidized birth control — saved the U.S. \$13.6 billion in 2010, or about \$7 for every public dollar spent.

And a study from St. Louis, Mo., conducted between 2007 and 2011 involving 10,000 young women given the option of various methods of free birth control resulted in a dramatic drop in unintended pregnancy.

The annual rate of pregnancy for participants in the study was 34 per 1,000 women, compared to a U.S. national average of 57 per 1,000.

About 75 per cent of the participants opted for long-acting IUDs, where in contrast, only about 2 per cent of the general female population in the U.S. use an IUD.

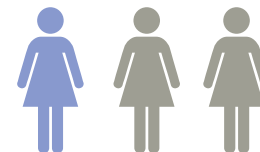
"We can see as soon as a subsidy is brought in, particularly for highly effective methods like IUDs, the population shifts towards using them," says Norman.

"In Canada we don't have much research to guide us. This (contraceptive access) hasn't ever been a core principle within public health," she adds.

LIZ.BROWN@METRONEWS.CA

*Name changed at source's request.

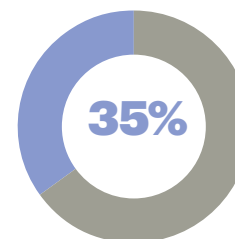
BIRTH CONTROL BY THE NUMBERS



One in three Canadian women will have an abortion in their lifetime

\$13.6B

The money the U.S. government saved in social and health care costs in 2010 by funding family planning programs



The percentage of sexually active Canadian women using no contraception, or contraception inconsistently

SOURCE: CANADIAN CONTRACEPTION CONSENSUS REPORT 2015, THE SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA

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JOHANNA SCHNELLER WHAT I'M WATCHING

Cause close to her heart — and pocketbook

THE SHOW: Weight Watchers commercial
THE MOMENT: Oprah's manifesto

Dressed in expensive lounge-wear and gold jewellery, Oprah Winfrey sits on plush outdoor furniture and gazes at her bestie, the camera. "Inside every overweight woman is a woman she knows she can be," she intones with enough gravitas to power two confessions, three commencement speeches and a State of the Union address. Piano music begins to play.

"Many times you look in a mirror and you don't recognize yourself. Because you've gotten lost. Buried in the weight. That you carry." Images of Winfrey working out appear. "Nothing you've ever been through is wasted," she goes on. "So every time I tried and failed has brought me to this most powerful moment." The music swells.

First of all, I hope that Oprah never crosses to the dark side.



Images of Winfrey working out appear while she talks about her struggles with weight loss in a new Weight Watchers commercial. YOUTUBE/SCREENSHOT

Because if she appeared on TV saying, "Let's take over the financial system," or "Everyone should kill her spouse," people would do it — she is that convincing.

Second, I was surprised that she was shilling so hard for Weight Watchers — I mean, yeah, weight loss is part of good

general health, but she sounds like a shrink delivering a world-shaking manifesto, like she's curing cancer, ending global warming and solving our childhood issues all at once.

Then I found out that last October, she bought 10 per cent of the company, for \$43.2 million — and that the stock value has



tripled since. Her shares are now worth \$148 million. Last week, after the initial spots aired, the stock went up again. No wonder she sounds so passionate.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOLDEN GLOBES

Howard reacts to Leo's acceptance speech

First Nations actor Duane Howard admits he "choked up" when The Revenant star Leonardo DiCaprio dedicated his Golden Globe trophy to indigenous communities around the world. Howard says he and his friends were watching in Vancouver when DiCaprio took the stage on Sunday to claim the best dramatic film actor award. DiCaprio shared the award with "all the First Nations people represented in this film and all the indigenous communities around the world."

Howard plays lead Arikara warrior Elk Dog in the drama, which was partly shot in Alberta and British Columbia and features dozens of local actors and crew. He calls DiCaprio's speech "really meaningful," and says he'd like to see more meticulous portrayals of indigenous culture come out of Hollywood.

The Revenant also earned Golden Globes for best dramatic film and for director Alejandro Inarritu. DiCaprio plays fur trapper Hugh Glass, who is left for dead after being attacked by a bear. Desperate to survive, he braves icy waters and an unforgiving wilderness in search of the team that left him behind.

"It is time we recognize your



Duane Howard. GETTY IMAGES

history and that we protect your indigenous lands from corporate interests and people that are out there to exploit them," DiCaprio said in his acceptance speech. "It is time that we heard your voice and protected this planet for future generations."

Howard said that he was moved by DiCaprio's words. "That's really meaningful when a Hollywood celebrity like that reaches out to the world and acknowledges us First Nations people like that, that means something," he said. "Hollywood's got to be more open to us, as First Nations people of this land.... More and more of these films have to come out."

THE CANADIAN PRESS

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The king of doubles

TENNIS

Nestor the first on ATP Tour to win 1,000 2-on-2 matches

Canadian tennis star Daniel Nestor boasts one of the most impressive resumés in the sport.

Twelve-time Grand Slam champion. Olympic champion. Eighty-eight career tournament victories and, after his first-round win Monday, 1,000 career doubles victories.

Nestor has used a powerful serve, impressive return game and crafty net play to become one of the best doubles players in the game. At 43, the lanky left-hander from Toronto keeps getting results, often stepping up in big moments when a match is on the line.

"When it comes to (being) clutch, I think he raises his level," said former partner Frederic Niemeyer. "That's why he's winning those big titles over and over. When it's time to break the other

team, he gets the job done."

Nestor's latest milestone came at the Apia International Sydney event, a warmup stop ahead of the Australian Open. He teamed with Brazil's Marcelo Melo for a 6-4, 6-4 win over France's Jeremy Chardy and India's Leander Paes in men's doubles play.

“

I think he's one of the best, if not the best volleyer of all-time.

Frederic Niemeyer,
former partner

With the win, Nestor became the first player in ATP Tour history to record 1,000 doubles victories over his career. Only three players — Jimmy Connors, Ivan Lendl and Roger Federer — have reached the 1,000-win milestone in singles play.

"It's really special making it to 1,000 especially having my family here with me," Nestor said. "They made the long trip to

Australia kind of for this reason. A special moment like this, it's really important to share it with others, the people that have been with me through thick and thin and through most of the victories."

Hampered by injuries at times early in his career when he played more singles matches, Nestor blossomed when he focused on the four-man game. Niemeyer said that Nestor's long reach allows him to cut the ball off and prevent opponents from finding open space.

"He takes up literally, sometimes, three-quarters of the court," Niemeyer said. "So that's why he can fit with any game style ... he can adapt his style with his partner. You can't say that with many players."

Nearly half of Nestor's doubles victories came with Mark Knowles (464 wins, 40 titles). He also enjoyed successful runs with Nenad Zimonjic (227 wins, 27 titles), Max Mirnyi (90 wins, eight titles) and Canada's Sebastien Lareau (60 wins, five titles).

One of Nestor's biggest wins came with Lareau at the 2000 Sydney Games when they upset Australian favourites Todd Woodbridge and Mark Woodforde to win gold.

"The gold medal, for sure, was probably the initial highlight, winning here in Sydney in 2000 against the Woodies and their hometown crowd," Nestor said.

Daniel Nestor
GETTY IMAGES FILE



"It was a very tough match and we were able to pull through and that was my first major title. My first Grand Slam also here in Australia. That was a little getting the monkey off my back because I'd lost a few finals, so that was important."

THE CANADIAN PRESS

IN BRIEF

Esks lock up kicker Whyte

The Edmonton Eskimos signed Canadian kicker Sean Whyte to a one-year contract Monday. Whyte was scheduled to become a free agent next month.

The native of White Rock, B.C., signed with Edmonton as a free agent last September and made 24 of 26 field goal tries. He hit on one of three field goals and added a convert in the Eskimos' 26-20 Grey Cup win over the Ottawa Redblacks.

THE CANADIAN PRESS

Riders bring in WR Price

The Saskatchewan Roughriders have acquired international receiver Maurice Price from the Ottawa Redblacks for their sixth- and seventh-round picks in the 2016 CFL draft.

Saskatchewan also gets Ottawa's sixth-round pick in the deal.

THE CANADIAN PRESS

Stamps extend DB Smith

The Calgary Stampeders have signed international defensive back Brandon Smith to a contract extension.

Smith joined the team in 2008 and has made 103 starts at the halfback position.

THE CANADIAN PRESS

OL Matte stays with Als

The Montreal Alouettes signed offensive lineman Kristian Matte to a three-year contract on Monday.

The six-foot-four 296-pound native of St-Hubert, Que., started all 18 games for the Alouettes last season and helped the offensive line allow a league-low 33 sacks. THE CANADIAN PRESS

Rangers get rare win vs. B's

Jesper Fast scored on a deflection in front with 1:42 to play and the New York Rangers rallied to beat the Boston Bruins 2-1 on Monday night.

Derick Brassard also scored in the third period and Henrik Lundqvist made 32 saves, including a highlight-reel stop on Max Talbot, as the Rangers beat the Bruins for only the fourth time in 12 meetings (4-8).

THE ASSOCIATED PRESS

+ SMASHING NUMBERS

22 — Nestor has won at least one men's doubles title per year for 22 straight years.

.708 — His doubles winning percentage (1,000-412).

108 — The number of weeks he's been ranked No. 1, which is fifth all-time.

12 — The number of Grand Slam titles he has won — eight in men's doubles, four in mixed play.

12 — Players who have won the career Golden Slam of all four majors and Olympic gold, Nestor being one of them.

TENNIS

Bouchard cruises to win Down Under

Eugenie Bouchard provided relief from a deluge of bad injury news in the women's game ahead of the Australian Open, as the Canadian won 6-2, 6-1 against Bethanie Mattek-Sands at the Hobart International on Monday.

The former No. 5 is on the comeback trail since sustaining a concussion when she fell in the dressing room during last year's U.S. Open, with the Shenzhen Open last week being her first tournament since.

THE ASSOCIATED PRESS



Eugenie Bouchard
ROBERT CIANFLONE/GETTY IMAGES

IN BRIEF

UK Athletics: Reset track and field world records

All world records in track and field should be reset and lifetime bans should be imposed on serious drug cheats to clean up the sport, the governing body of British athletics said Monday.

UK Athletics published "A Manifesto for Clean Athletes" containing 14 proposals aimed at restoring credibility to a sport battered by allegations of widespread doping, coverups and corruption. THE ASSOCIATED PRESS

FIFA

Messi awarded his fifth Ballon d'Or

Lionel Messi has won the FIFA world player of the year award for a record fifth time.

Messi ended Cristiano Ronaldo's two-year hold on the Ballon d'Or trophy on Monday to lift soccer's top individual honour.

The Barcelona forward regained the prize after his club won five major titles last year, leaving Ronaldo's Real Madrid with nothing.

Messi got 41.33 per cent of total voting points in a 23-candidate ballot. Ronaldo received

“
It's incredible that it's my fifth. It's much more than anything I dreamed of as a kid.

Lionel Messi

27.76 per cent and third-place Neymar got 7.86 per cent.

THE ASSOCIATED PRESS

RECIPE Kale Pesto Pizza



PHOTO: MARYA VISHNEV

Ceri Marsh & Laura Keogh
For Metro Canada



You've got leftover kale from yesterday's dinner, right? Can you think of anything better to do with it than pizza? We can't either!

Ready in

Prep time: 30 minutes

Serves 4

Ingredients

- 3/4 bunch kale, cleaned and tough stems removed
- 1/4 cup of chopped onion
- 2 cloves garlic, chopped
- 1 1/4 Tbsp extra virgin olive oil
- 1 package frozen whole wheat pizza dough
- 1/4 cup corn meal
- 1/2 cup ricotta cheese
- 1/2 cup fresh, shaved Parmesan cheese
- 2 Tbsp all-purpose flour
- drizzle of extra virgin olive oil

Directions

1. Preheat oven to 425 F.
2. In a large pan, heat oil over medium heat. Add garlic and onion and sauté until translucent, about 3 minutes. Add kale and stir. Cover and allow kale to wilt, about 6 to 8 minutes. Place everything in a food processor. Pulse until it becomes the texture of a fine pesto. Set aside.
3. Place the cornmeal on a flat surface and flour your rolling pin. Roll out the dough until it's about an inch thick. Place on a baking sheet or pizza stone. Brush oil onto dough. Spread the kale pesto evenly across the surface of the dough. Using a table-spoon, place dollops of ricotta randomly on the pie. Sprinkle with Parmesan cheese.
4. Place pizza stone or baking sheet in the oven. Cook for 10 to 12 minutes, or until crust is crispy and cheese is bubbling.

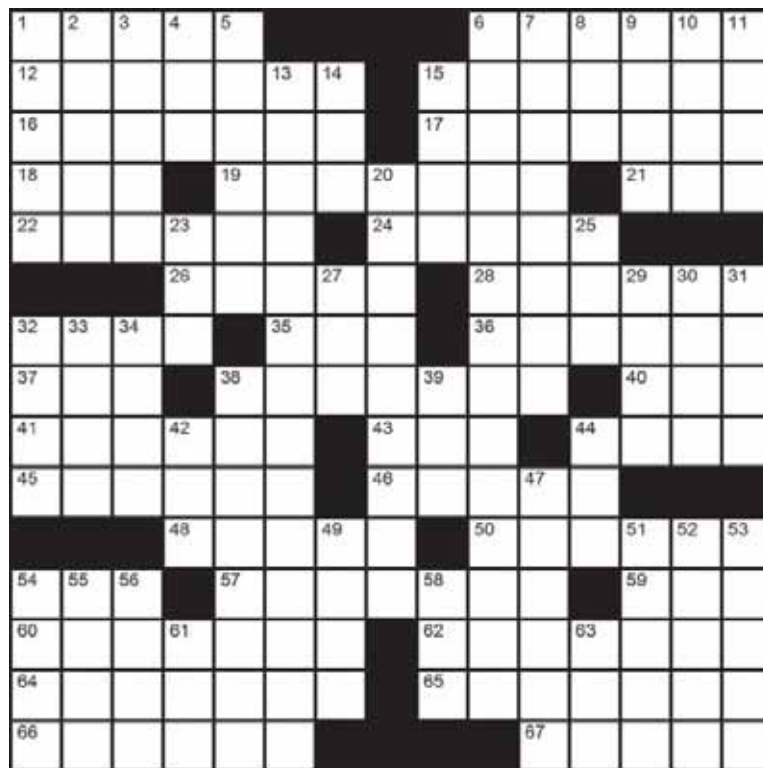
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Skincare formula
6. Trumpet sound effect, when doubled
12. In proportion: 2 wds.
15. Aria performer
16. Sixth sense
17. Arno __, Canadian author of *The Oil Man and the Sea*: Navigating the Northern Gateway
18. "Why'd You __" by Colin James
19. Chair the conference call
21. Rested in the recliner
22. Subway station on the Sheppard Line in Toronto
24. Rand McNally publication
26. Is rife with
28. Shoot for the stars
32. Desert's climate
35. MS-__
36. Drew close
37. Canadian actor Mr. Carrou
38. French for 'ducks'
40. 'Human' suffix
41. Deceive
43. Fashionable dresser
44. Mr. Warhol
45. Delivers an off-the-cuff speech
46. Props for clarinets
48. Religious doctrine
50. Brought up
54. Movie studio area
57. Mr. Glover of movies
59. Corn unit
60. Momentous
62. Captive held for ransom
64. Cassava pudding
65. Preferably
66. Everett __ of "Citizen Kane" (1941)
67. Country singer LeAnn



65. Preferably
66. Everett __ of "Citizen Kane" (1941)
67. Country singer LeAnn

DOWN

1. Tumble
2. Mr. Coombs of

- "Mr. Dressup"
3. Romantic flowers
4. Mr. Geller
5. Chattering bird
6. Prehistoric time in Canada noted for the emergence of pottery: 2 wds.

7. Placates
8. Charlemagne's li'l domain
9. WWII-era service-women
10. "Diana" singer Paul
11. Country singer Mr. Axton

13. "Painkiller" and "I Am Machine" are hits off this Canadian hard rock band's current album 'Human': 3 wds.
14. 'Deterior' suffix
15. Showbiz routine
20. Tree known for its aromatic bark/roots
23. Company name abbr.
25. Locale of leisure
27. Work week starter [abbr.]
29. It's pumped at gyms
30. Actress Tara
31. Guitarist Duane
32. Dawn love song
33. Marsh plant
34. IOC part [abbr.]
38. Gemstone that is polished but not faceted
39. __ v. Wade
42. Empty
44. __ matter of fact...
47. More crowded/thick
49. Ms. Kunis
51. Kingdom
52. Bird of Jove
53. Squirrel nests
54. Net balls
55. Iridescent gem
56. __ Giglio (Mouse puppet of classic TV)
58. Greek alphabet's 21st letter
61. Spy org.
63. Skater Ms. Babilonia

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Cosmic activity in the area of your chart that rules your vocation is urging you to aim higher. Don't let the critics and cynics hold you back by undermining your confidence.

Taurus April 21 - May 21
You seem reluctant to voice your opinion, even though you have something of value to say. Overcome your doubts and express yourself in a way that everyone can understand.

Gemini May 22 - June 21
It may seem as if someone you work or do business with has been cheating you but the planets warn you can't trust your senses, so don't say or do anything, at least not until you can see things a little more clearly.

Cancer June 22 - July 23
You won't have trouble persuading others to back your ideas but you may have some trouble later on if they don't work out as expected. Don't make promises you can't keep.

Leo July 24 - Aug. 23
A habit is holding you back and you're desperate to get rid of it. But in getting rid of one bad habit you could so easily replace it with another that is ten times worse.

Virgo Aug. 24 - Sept. 23
It may be fun pointing out the inadequacies of people in positions of authority but be careful. The last thing you need is to create enemies of those who have the power to make things difficult for you.

Libra Sept. 24 - Oct. 23
Don't take what you're told at face value today — check the facts for yourself. What others say may sound convincing but you're only being told part of the story.

Scorpio Oct. 24 - Nov. 22
You may be resentful that changes are being imposed but there is no point making a fuss about it. Go with the flow. You will get the chance to change things back again later on.

Sagittarius Nov. 23 - Dec. 21
Resist the temptation to embellish facts or deceive people today. It may seem like the easy thing to do but in the long-term you are sure to regret it. You have a well-deserved reputation for honesty — don't lose it.

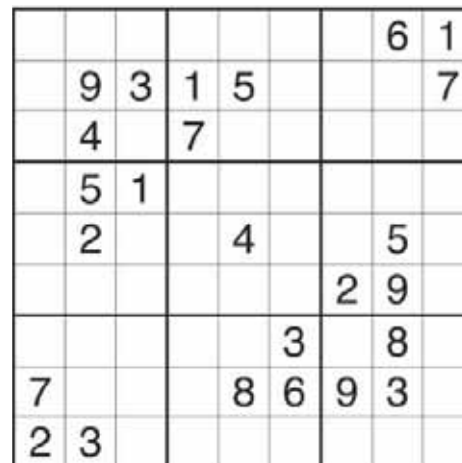
Capricorn Dec. 22 - Jan. 20
You may be inclined to rely on your intuition today but the planets warn against it. Stick to the facts and, where relationships are concerned, err on the side of caution.

Aquarius Jan. 21 - Feb. 19
Reel in your fears. Take your mind off your worries by focusing on the things you have to be thankful for. By the time you get through them the day will be over — and tomorrow will be more to your liking.

Pisces Feb. 20 - March 20
Don't take friends for granted. Those who think highly of you will help out, but if they find out you've been playing mind games they won't be happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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STK#F077657, 4 Cylinder

\$22,988

Was
\$26,040

\$142
BI-WEEKLY



2015 CAMRY XSE V6

STK#F566433, V6

\$30,088

Was
\$35,840

\$184
BI-WEEKLY



2015 CAMRY LE

STK#F070121, Heated Seats

\$23,705

\$146
BI-WEEKLY

Was
\$26,440



2015 CAMRY LE UPGRADE PKG

STK#F081543, Heated Seats

\$24,466

\$151
BI-WEEKLY

Was
\$28,575



2015 CAMRY XSE

STK#F069716, 4 Cylinder

\$24,981

\$154
BI-WEEKLY

Was
\$30,180



2015 CAMRY XSE UPGRADE PKG

STK#F959685

\$26,540

\$163
BI-WEEKLY

Was
\$32,080



2015 CAMRY SE

STK#F089153, Heated Seats

\$23,622

\$146
BI-WEEKLY

Was
\$27,180



2015 CAMRY XLE

STK#F953600 4 Cylinder

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